

Hernandez

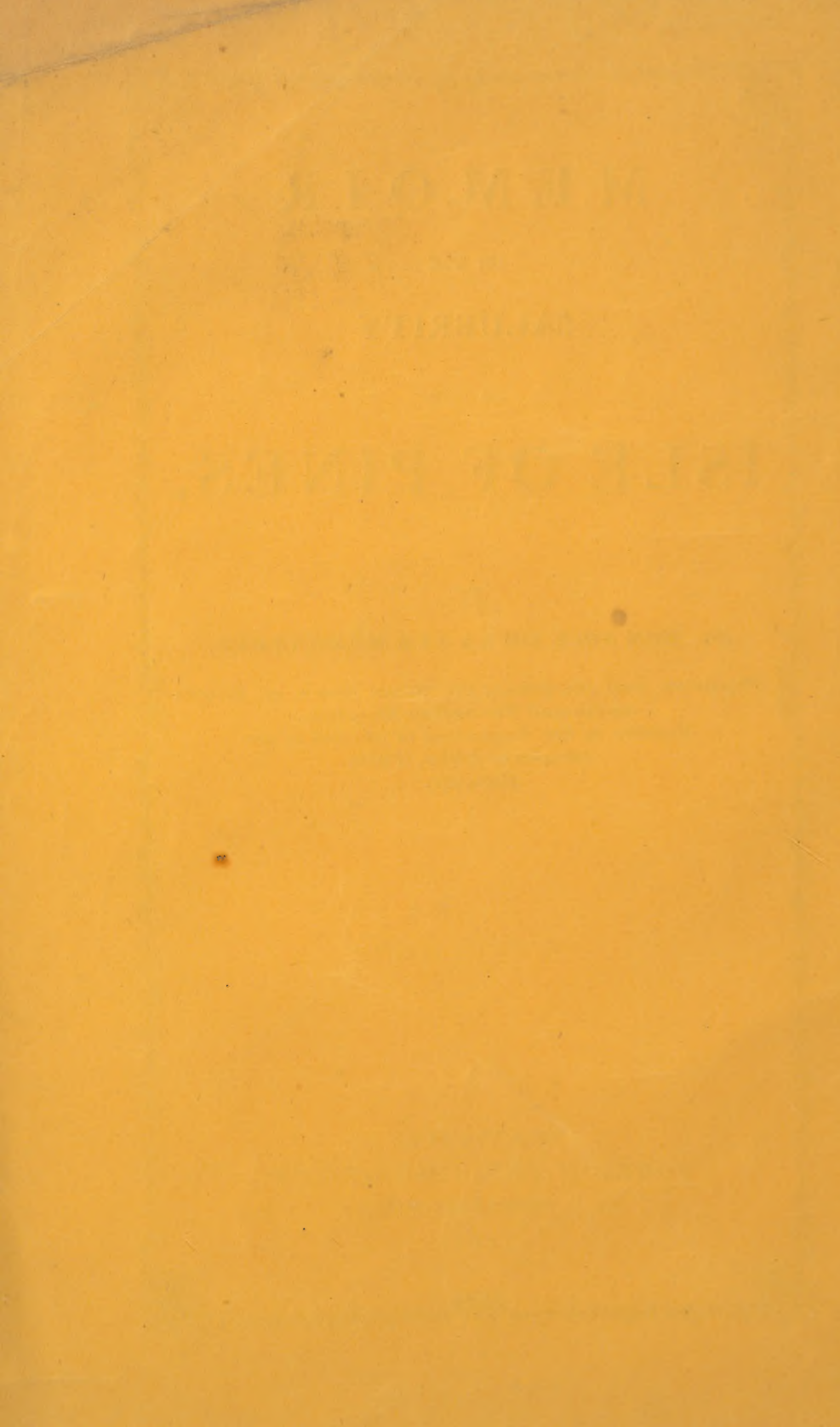
MEMOIR
ON THE
SALUBRITY
OF THE
ISLE OF PINES.

BY

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1867.



REPORT

ON THE

*Presented by
F. D. Lenthé*

Hygienic-Medicinal Properties

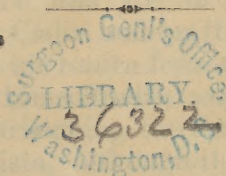
OF THE

Waters and Temperature

OF

The Island of Pines

(Isla de Pinos.)



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NO. 10 EMPEDRADO STREET

1867.

REPORT

OF THE

Engineering-Medical-Hygiene

OF THE

States and Territories

OF

The Island of Sines

(Sines de Sines)

HAVANA:

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The Hydrology, if not entirely unknown, at least very far removed from the place which belongs to it, as well in Hygieny as in Therapeutics which, on account of its influence and importance, could not procure the benefits which are reserved to the same in practical medecine, and being already as it ought to be, an integral part of the same, and a speciality assigned to it, it becomes its duty to answer to the following interpellation, which might be made amongst many others.

A certain chronical disease being *specified*, for the cure of which mineral waters are considered to be prescribed, to determine which of these should be *preferred*. This is the problem which the practical medical man has to solve. And as to obtain this end, it is necessary that besides the chemical knowledge of the water and the topography of its source, he should be acquainted with its practical effects, I have thought it to be a professional duty to make known to the scientific men, and especially to the doctors of North and South America, the riches and importance of the springs of medicinal waters which have their source in the bosom of an island, situated according to Lanier, between $21^{\circ} 27' 25''$ and $21^{\circ} 38' 17''$ Northern latitude, and $76^{\circ} 11' 11''$ and $76^{\circ} 52' 52''$ of longitude West of the Meridian of Cádiz, and on the shores of which Columbus landed, on his return from this island to Santo Domingo, to provide himself with wood and water, as there *was nothing else*, christening the same afterwards by the name of Evangelista, although the Indians called it *Siguanea*. But as in its Northern part, the pine trees are so abundant that not only the plains but even the hills are covered with them, since the time the same was taken possession of and visited by our forefathers, on account perhaps of the multitude of those trees, and not knowing or

not taking notice of those names, they called it *Island of Pines*, under which name we know the same to day.

This Island of Pines, to speak properly, is separated from what is called Punta del Este, not only by the sea which washes the shores of both on the spot in which they appear to be united only by a ridge called Cayo de Piedra, but also by its aspect, its soil, its mineral and vegetal products, and above all its geogenical constitution and the epoch of its formation.

This arm of the sea which separates the two islands, connected only, as said before, by a key distant more than a mile from either of them, is what is known at present by the name of Ciénega de la Siguanea.

The first named or Island of Pines, to judge from its aspect, appears to have been a volcanic formation, which in the course of time, with the residue of the hills, and the sediments of the sea, has given origin to the plains, whose clayish soil shows their geogenical composition, whereas the Punta del Este may be said to consist of a madreporic or calcareous substance of more recent formation. In this small island, if it may be called by that name, clay is not to be found, nor will quartz or marble be seen, and amongst its beautiful groves not a single pine or any other of the trees which are so common in the Northern part or Island of Pines, meets the eye. These geological conditions, combined perhaps with other circumstances, induced the first owner of Punta del Este, to stock the same with cattle and horses, but the same has never been settled by any population, people always preferring the Northern part which is that which offers the greatest interest for the object in view, and it is of the same that I will give a description, in which task I will be very much assisted by the excellent work published by Mr. Ramon de Piña y Piñuela in this city in 1850, in which appears the learned report which he then made to the Government, in consequence of his appointment as Vice adviser and Secretary of the Corps of Military health. Besides this, it contains very interesting notes given by the military commanders in the island, and some official communications which throw a great deal of light upon our subject. But before copying, as I will do with pleasure, many entire paragraphs of the said work of Mr. Piña, it appears to me to be opportune to give a slight description of the soil, which

appears to consist in the whole Northern part of a vegetal clay, covered with exceedingly small ferruginous and siliceous sand, and in some spots with very small pebbles apparently composed of silicate of iron. Besides this appear in the midden of the extensive plain which forms the surface of the Northern part, many hills situated with some symmetry, and sketching, if we may use that term, small ridges of which the most extensive are from two to three miles long, without being much more than one and at most two in width, none of them exceeding one quarter of a mile in height, all these hills being formed of marmorean rock, whose color, composition and fineness are of various grades. There are besides some insulated rocks, but these as well as the hills are covered as high as the top, with large pine trees, and there are even palm trees (*Palma Real*) in some of them upon which is not to be found a handful of what is called vegetal soil; only the hill of *La Dagulla* and other insulated rocks which are called *Cerro Pelado* in the estate of the Manigua, and that of *Los Cristales* in La Piedra, make an exception, as those two elevations, as well as two small barren rocks, in the Sierra de Caballos are the only spots where not even shrubs are growing, the surface being covered with small grass. These hills are remarkable on account of their direction, which in almost all of them is from North to South, as may be observed in *Sierra de Casas*, *Sierra de Caballos* and *El Columpio*, *El Cerro de Bibijagua*, *La Cañada*, &c. Besides these hills and insulated rocks which occupy many miles of ground, there are to be found, at very short distances from each other, extensive quarries of quartz and silex, on account of which many persons have supposed, observing the puny vegetation which sparingly exists in some of the spots where those minerals are most abundant, that there might exist mines of gold, of silver, or other metals of appreciable value. Some persons have even indicated a particular spot, although the said spot may not be that, which reveals most the existence of mines, as there are others, as *Cerro de los Cristales*, *Cerro Pelado*, &c., which have a great analogy with the most celebrated spots in other parts of the rich South America, whose mines are a true river Pactolus.

One will also at short distances meet with a large number of stones, consisting of carbonate of lime and iron,

commonly known by the name of *moco de herrero*, which being of a gray color and rather rough on the outside, appear at some distance like herds of swine. Many rivulets gather the water which gushes from innumerable springs, as well as that which falls in torrents principally during the rainy months, and uniting amongst each other, and pouring their waters into deeper outlets, they finally form large brooks and even navigable rivers, as are those called *Sta. Fé*, *Sierra de Casas* and *Las Nuevas*; this last one although the most extensive, has the disadvantage of being only five palms in depth, whilst the others are seven and even more at their mouth. In some of those rivers and numerous brooks, many springs are gushing up, but what is most remarkable is that they are all potable and agreeable to the taste; some have the common temperature of the climate, whilst in others the same is pretty high. Outside of the source and bed of the rivers are also thermal springs to be found, some of which are more or less hot, but in almost all of them medicinal virtues, very well defined, have been detected, and well known hygienic qualities. All in general are admitted to be diuretic, some of them are laxative, the thermals are sudorific; in every one may be found purifying properties, as well as soothing and digestive, removing obstructions, and aperitive, if we have to judge from their effects.

To all this may also contribute more than we even presume, the dryness of the soil, as well as that of the air, whose temperature is generally more even than in the Island of Cuba, whereas the cold is never felt there like here, nor is known the suffocating heat which we experience, particularly when the wind blows from the South. During very few days in summer have I seen the thermometer of Reaumur rise above 25° nor fall lower than 20° during the coldest months of the year. Very seldom has hail fallen in the Island of Pines; it has never snowed there, nor has oil been congealed, nor have the leaves of the trees been dried up even on the hills, whilst on the plains of Cuba, some of them happen to be entirely stripped and no few plants perish by the cold. Thus does it happen that the dryness and almost evenness of temperature during the year, the dryness of the soil even during the rainy months, the purity of the atmosphere which may be said to consist of pure air slightly embalmed by the odoriferous rosin of the pine

trees, refreshed by the sea breezes which blow from every quarter, and some influences which we can not yet appreciate, but are due to the quality of the soil, contribute perhaps very powerfully to give a virtue to those waters which do not possess that intrinsic strength nor enjoy some or other *specific* quality, as many if not the majority of springs which supply the bathing places so well known and celebrated in other parts of the world. Those waters, so simple and also highly agreeable to the taste by their temperature and of whose medical and prophylactic properties I have to occupy myself, known by very few profanes, and completely unknown to medical men, have remained in an absolute state of abandonment. But thanks to hazard, which has been very often the means of making great discoveries, and gigantic steps in the road to progress in science as well as in arts, hazard, I repeat it, has made me become acquainted with them, and this knowledge which might also be considered as a fortuitous fact, was notwithstanding so significative, that I determined to devote to them my whole attention and investigation, as such a portentous fact could be produced only by a most powerful agent. However, I lacked at the time the necessary means to study them, and I was compelled to wait for the eventuality of other or analogous facts or cases, in order to see whether the same results would be confirmed, for I could not doubt them, as I do not doubt at present that a certain law, unknown but determined by the hand of the supreme Maker, is that which governs and settles certain facts which being extraordinary. have not only been doubted but even denied with the greatest impudence by the very same persons who have been favored and benefitted by the said law of casuality, whose existence is only denied because it has always been so, and because the human being in his natural indolence, in order not to make an effort when he stumbles upon an obstacle, far from doing all that is necessary to remove the same, if possible, from the road which has to lead him to the temple of truth, contents himself with denying the possibility of his emotion; leaving to the impulse of time to do what it would be his duty to accomplish.

But I, notwithstanding my want of strength and the scarcity of means upon which I could depend, took the decision to undertake the *empirical* studying, if I may use

that term, of these waters, at whose springs I had seen disappearing as by enchantment the tuberculous phthisis, determined by men who were most able to do so with correctness. Having therefore gone to the spot to examine the *soil* and afterwards study the *air*, I was enabled to acquire a better knowledge of the water or waters which run in every direction in the extensive plain of what we shall with propriety call Island of Pines or what is to day called *Northern part*. As soon as I established myself in Nueva Gerona, and that I saw the difference which exists between the waters of the *River* and the *Rivulet*, those of *Paso de Luis* and *Brazo Fuerte*, those of *Malpais* and *Santa Fé*, it seemed to me to be indispensable to examine the same not only by their effects, but to study their composition, if it were solely to pursue with advantage the task which I had taken upon myself, and to attain that object I decided upon employing a friend of mine who is a very distinguished professor of Chemistry, who willingly agreed to oblige me by making a qualified analysis of a spring of Santa Fé, which being the most celebrated, appeared to me to be preferable. But on finding out the herbs which made part of its composition, and the proportion which they may make out according to the weight, it appeared to me indispensable to have a quantitative analysis made, for which work I am indebted to the kindness and well known intelligence of the Reverend Fathers Esculapios, and it is only true to say that having this before my eyes, I was struck with some doubts, whether it would be convenient or not to publish the same, in order to make known the excellence of the locality and of the waters, whereas without any doubt, the chemical composition of the same, not only does not explain, but even authorizes to deny the facts to those who have not had the opportunity to witness them. But being more enslaved to my duty than to my will, I thought it indispensable in order that science should take the position which belongs to the same, as faithful interpreter of the facts which have to be explained, if possible, admitting them and acknowledging them always as paronyms which the author of all that is created sends us of his potent will. To report the facts belongs to the historian, to explain them to the philosopher, and to adapt the same, in the present case, to the medical man. Let us see and peruse the history of the facts produced by the

virtue or medicinal strength of those waters, and let us afterwards try to find out their explanation.

The first cases which I have seen have been of patients given up as hopeless and suffering of tubercular phthisis, characterized already in its second period. Those patients, notwithstanding their hereditary constitution and its symptoms, their way of living, their age and occasional reasons, which all contribute to develop the disease, whose course could not be stopped by any of the methods and remedies applied with the greatest intelligence and most careful attention, were saved notwithstanding. These facts induced me to accompany thither a young lady who was doomed to die according to the sentence of our *medical celebrities*, and whilst I was witnessing day by day the relief which she almost instantaneously began to feel, I observed the favorable change which I experienced in myself, so far as to recover completely from some sufferings by which I was condemned for thirteen years to insomnolency which only allowed me to sleep three and very seldom four hours during the night. And as a consequence of this want of sleep which was perhaps the result of a persistent headache, a nervous livercomplaint of many years standing, accompanied by a constant intestinal constipation, contributing to weaken my digestive powers, had impaired my eyesight to such a degree that I had been obliged to use magnifying glasses since three years. I suffered also of a chronic irritation in the back part of the mouth and the larynx which had troubled me, and compelled me to remain without speaking for many months, and to submit myself to the action of altering remedies, mineral baths, absolute rest and all that was judged convenient by some of my colleagues who volunteered to prescribe for me. I was much reduced, with a faded complexion and notwithstanding a prophylactic diet strictly observed, I had not passed a single day without being tormented by pain in the liver, a tenacious constipation and other symptoms, the most painful being the failing of my eyesight and want of sleep. All this disappeared in less than a month, and since then, although having advanced in years, I have not felt even one of the habitual indispositions which had made me suffer during so many years. All the persons who have known me, and have a friendly intercourse with me, are witnesses to this fact. And I have not only been for-

fortunate in saving my life, which every one considered as lost, but have also had a favorable opportunity to watch many people suffering from other diseases, and who were cured by the sole use of the baths of N. Gerona and Sta. Fé.

Besides this, I saw the waters of the other places mentioned in the analysis, and not being able to use more than those of the *Thermal of Santa Fé*, I shall limit myself to cite those persons who have been cured at that place, although they had been declared to be hopeless, one of them being a man who suffered from an eruption which had all the symptoms of leprosy, whereas nothing was wanting, neither the nasal voice which is observed in all those patients, nor the particular pains in the articulations of the thighs and shin-bones, the ulcerations of the ears, the violet color of the eyelids and the burning heat of the skin, the falling out of the eyelashes and ulcers in different spots. Another case not less remarkable is that of a lady from the country whose disease dated many years back and her whole skin appeared to be destroyed by leprosy. She had used several alterative remedies prescribed by experienced doctors, and neither those, nor the mineral baths of San Diego taken several times, nor sea bathing, nor the changing of air, nor the severe diet to which she was subject, were sufficient I will not say to cure her, but even to check the progress of the disease. This lady was also cured in Santa Fé. As well as another young man, poet and literator, who arrived at the baths without even eyebrows and eyelashes, which were destroyed by a venereal tetter, and he was cured.

Another cure was that of an individual who suffered from a squirrous tumor in the stomach, and after having been treated here by several professors and used different remedies without being able to alleviate the intense pain which he experienced, nor stop the vomiting which every thing excited, went to Europe where he was not more fortunate and came back resigned to die, when one of his friends, moved by compassion, took him to the island, and a few days after he had been taking the baths, a crisis took place in the tumor, and with some vomiting and black evacuations which he discharged, the pain which tormented him cruelly disappeared in three days, and the vomiting which was brought on by everything that he swallowed was stopped, he being able to eat and drink with impunity

the most coarse and stimulating substances. A lady who suffered from a pertinacious intermittent gastralgia which had resisted the action of anodynes and sedatives, of evacuating and reducing remedies, of the baths in Guanabacoa and Marianao, in Madruga and San Diego, was completely relieved in Santa Fé. A citizen and landlord in Cienfuegos suffered for more than forty years from a cardialgia which was so severe that he thought many times it would carry him off; several professors were consulted, but the patient not having obtained a radical cure, went to take the waters in Saratoga, where he suffered much, and having consulted me, I sent him to the Island, where the pain disappeared. It should be observed that when I saw him for the first time, several professors were assembled, who unanimously prognosticated his death. I was the only one who dissented, for which reason being the only favorable opinion, it was that which was accepted. D. G. suffered from a fibro-articular rheumatism which paralyzed his movements, causing the most acute pains, and when the inefficiency of all the remedies applied by the various doctors who attended him was ascertained, he went to the Island and in a few days the pain ceased and he recovered the free use of all his limbs.

D. N. about fifty years of age, architect, of a nervous temperament, high stature, slender muscles, well conformed and who enjoyed good health, was accidentally attacked by an extremely intense rheumatic pain; and not succeeding in recovering his free motion and suppressing the pain by the application of the most violent internal and external remedies, he attained the desired end as soon as he bathed himself in the Island of Pines.

D. suffered from a dysentery which became chronic and threatened to end in consumption, which was the more to be apprehended, as he was an individual of a nervous-lymphatic temperament, hepatic idiosyncrasy, of middling height, leading a sedentary life on account of his profession, in the strength of his age, well regulated habits, and directed by an experienced medical man, revealing the tenacity of the disease and how deeply its roots were seated, whereas it resisted the action of all the remedies used to remove the same, and nothing could be obtained, until he went to Santa Fé, where he completely recovered his health in a short time.

D. fifty years of age, lymphatic temperament, gastro-hepatic idiosyncrasy, suffered from the belly and from the kidneys besides, ejecting frequently fragments or concretions of a calcareous nature. His digestion was exceedingly slow and never perfect being preceded by some pains, and although he had consulted several professors and been several times in San Diego, he never recovered nor could have a good digestion, without interruption of the ejection of calcareous fragments, until he went to spend a very short time in Santa Fé, where all his ailments disappeared although he did not very strictly observe the diet which had been prescribed to him.

Mr. George Lesage authorizes me to publish his name. He is in the strength of age, of nervous temperament, middling height, with well developed muscles, but rather lightly built, machinist by trade. He contracted in a low although dry locality, a dysentery which treated with intelligence and tended carefully did not yield to the treatment and remedies which were brought into play, and when a fatal end was already feared, he went to the Island of Pines, where he saw the disease disappear and he is now engaged in putting up several sets of machinery, intended for the preparation of starch and also for cleaning rice (which articles are of superior quality in the Island which in the opinion of *many* is barren.) As many medical men, not to say all of them, in this city are in the most complete ignorance of what the Island of Pines is, they concede to its waters some virtue in diseases of the stomach, but absolutely deny them any efficacy in diseases of the chest, and as this sad error deprives and has deprived many sick people of this powerful remedy, I will take leave to quote several facts, besides the many which are already referred to by me in a memorandum and sundry articles published in this city, which appear to me to be conclusive.

A young man of twenty two years of age, or thereabout, of high stature, nervous-lymphatic temperament, active life, rather irregular in his hours for sleeping, had suffered in his infancy from nervous asthma, which disappeared upon changing climate, but having returned to his country, and already engaged in working, he was attacked about two years ago by an active hemoptisis accompanied by a pain under the left shoulderblade and

fever. He consulted upon his case with an experienced professor, who subjected him to the medical and prophylactic diet which he thought the most opportune, but not being efficacious although it produced a temporary relief, the doctor thought it would be well to make him change of climate, and as he had already upon a former occasion recruited himself in the Peninsula, where he can depend upon the kindness and affection of his family, and told him so, which the patient accepted cheerfully and he went to the South of Spain in la Serrania de Ronda, where he thought he felt some relief, which afterwards disappeared, the hemorrhagy returning, and he came back, if not worse than he was before, at least without any notable improvement, and after a few days, the hemoptisis declared itself, which was attended to by the same doctor who had treated him before; but less fortunate than the first time, the patient began to doubt as he changed the remedies, passing from the astringents to the antiphlogistics, and as neither the one nor the other relieved him, he consulted another very distinguished professor, who seeing the inefficacy of all the remedies used by his predecessor and by him, advised him one which the patient refused to take much in spite of himself, which made the consulting physician order codliver oil, which remedy was approved by two other professors according to the method proposed by Dr. who believed the case to be already hopeless, so that he abandoned the same, and the patient finding himself more and more prostrated, with more fever, more cough, more expectoration, more reduced in flesh, and in strength, more tormented by pain, lassitude, want of appetite and the increasing fear that his disease was hopeless, decided to consult a homeopathic professor, who gave him to understand that he was already in the last period of tuberculous consumption, but that notwithstanding he hoped that under his direction he might yet be saved, and for that purpose subjected him to the system of treatment of Hahnemann. But one month's trial sufficed to convince him that he was losing his strength and his sufferings went on increasing, so that he abandoned that system to consult me, when *El Siglo* was already publishing the extraordinary cases, similar to his own, which had ended felicitously thanks to the temperature and waters of the Isle of Pines, and with a view to this

he consulted me on the 17th of September 1863, exhibiting the following symptoms. Continuous fever which slacked towards daybreak with a copious perspiration, much coughing and very abundant expectoration of a purulent and fetid matter, a constant pain in the back and middlepart of the left side, between the vertebral column and shoulderblade, a dull sound in almost the whole lung on that side, and rather indistinct in the upper and forepart of the right side, very short and uneasy breathing, insatiable thirst, complete want of appetite, general debility, extreme leanness, insomnolency and a very tremulous pulse. This conglomeration of symptoms justified the prediction of the learned professors who had seen him, and although they inspired fear on account of their seriousness, I was still more intimidated by the prognostic of those who had treated him. But supported by practical observations, and so to speak, my bold advices being justified, notwithstanding that the patient and his family did not know me, my opinion prevailed, and he arrived at the Isle of Pines, on the 20th of said month: a few days sufficed for him to feel the revulsive effects of the place and its waters, which were increased by some very disagreeable moral impressions, but fortunately in the face of so many contrarieties, of the impressive isolation in which he found himself, and the affliction caused by the indiscreet language of some rather uncircumspect people, notwithstanding all this, he began to improve, alleviation gave him more strength, this strength inspired him with a consoling hope, and although there was no want of those who wished to destroy the same, the fact palpable by itself was stronger than the sayings against it, until I saw him in April of last year, (1864) without fever, the hemoctisis stopped, the pain disappeared, the cough alleviated, sleep restored, the appetite renewed, free respiration in the whole right lung, almost free in the left one, where he received a blow from which he suffered great pain, which has disappeared, his complexion restored, his weight increased, and he only suffered yet from attacks of asthma to which he was subject in his childhood, for which motive he consulted me to know whether he could go to spend the summer in the beautiful climate of Andalusia, and notwithstanding my adverse opinion, he started in May with the flattering and well founded hope of completely recovering the health

which he had lost. This ill advised young man died subsequently in November, having disregarded my opinion.

The following fact which has been submitted to observation, is not less conspicuous, and has been related by the patient himself. Joaquin Abaical, native of Santander, 28 years of age, dedicated to commerce, suffered in December 1862 of intermittent fevers, which lasted for three months, when they stopped, and according to the patient's statement, a cutaneous eruption appeared, which had a scorbutic appearance accompanied by a muscular contraction which impeded the free exercise of the thoraxical and abdominal limbs.

The physicians who tended him administered the iodure of potash and a ptisan, with which they succeeded in reestablishing the free motion and amending the eruption, advising him to complete his cure to take the sea baths, which excited a very strong cough, in consequence of which he expectorated blood, which was preceded and attended by an oppressive pain at the heart, and an intense headache, almost without remissness, also want of appetite. They submitted him then to an antiphlogistic treatment, but without stopping the cough and the aversion to eating continuing, they advised him to go to the Isle of Pines, where he arrived on the 3d of May 1863 with the following symptoms. Cough, hemoptisis, hoarse voice, want of appetite, short and hissing breathing, headache, restlessness at night, extreme weakness, slow and continuous fever, hypochondria and little confidence in the Island for curing him. But notwithstanding all this, to stop the bleeding and drive the fever away in the face of the hypertrophic symptoms of the heart he was advised to take the baths of Santa Rita, in Santa Fé. He was advised to follow a nutritious diet of tender meats, farinaceous substances, and vegetables, to take a moderate exercise, being strictly prohibited to take liquors, coffee, highly seasoned substances and acids, and cautioned against violent exercise, exposure to the sun and even to squalls, rain and nightdew. The fever abated in a few days, the cough ceased, as well as the spitting of blood, he sleeps well, eats better, is fleshy, has a good complexion, and only can be perceived now, although much diminished, the symptoms of hypertrophy which are disappearing in the same degree as he is regaining strength, and the well directed muscular exercise goes on

increasing. A radical cure may be expected, as the here-before mentioned change has taken place in eleven months.

The two cases here described are very remarkable, and they say a great deal in favor of the temperature and waters of the Isle of Pines, but the following is very singular, and therefore deserves to be described, as well for the consolation of human kind as to make known how far reach the hygienic and medicinal properties of this celebrated Island, so little studied and known by the scientific men.

We allude to a lady of more than 60 years of age, nervous temperament, leading a sedentary life. who in consequence of great grief began to lose her appetite, spent several sleepless nights, and found her breathing rather painful. She suffered besides from a white flood, which is very common in this country, and feeling herself in the beginning of the month of November 1863 very much fatigued, she took a bath which was almost cold, and a short time afterwards she observed a swelling and some pain in the sacro-iliacal region, the fatigue increasing and being tormented by the swelling and want of appetite she resolved to consult a homeopathic doctor. This doctor flattered himself to be able to overcome these symptoms, but unfortunately days, weeks, and even more than a month elapsed, and far from mending, the disease went on increasing, as if the method adopted and followed up had been selected in order to exasperate and not to oppose the same. It was already more than a month that the patient could not go to bed, as she suffocated in the horizontal position. She had no evacuations as the constipation of the belly was tenacious, the urine very scanty, perspiration failed, weakness was great, prostration extreme, the general swelling increased, and a fatal end was apprehended with reason. for which reason a meeting was convened of aleopathic professors, much distinguished by their knowledge, who decided upon submitting her to evacuating and diuretical remedies, which produced a short and transient relief, although they were assisted by an adequate prophylactic diet. But after some days, these remedies and many others substituted to them were unable to stop the disease, and on the contrary, the same became gradually more strong and threatening, after useless trials and exertions worthy of the distinguished professors who attended the case, they

decided to propose as a last chance of salvation the use of *subnitrate of mercury*, prepared according to the prescription of Dr. Bernal of this country and the way in which it is administered by the writer of this article, upon which he was consulted. But the seriousness of the case and the special circumstance that the patient experienced convulsions each time that she vomited, contra-indicated a medicament like the heretofore named *subnitrate* which is entirely an emeto-cathartic by excellence. Consequently, taking into consideration the idiosyncrasy, want of strength, slow fever, general debility and impossibility of taking food, the absence of sleep, hypertrophic palpitations of the heart, the pulsations of the carotid arteries, the suffocating asthma, the marmorean frigidity of the skin, the scantness of urine, the absence of perspiration, all these symptoms indicating a hepatalgy which threatened to terminate in suppuration, it was proposed to the professors and physicians who were present, to the sick person and her friends that the intended *pill* should not be administered yet, either on account of being powerless to overcome such a terrible disease, or being contra-indicated in the present case, which only the climate and waters of the Isle of Pines could subdue. This advice was received with pleasure by the patient, with leniency by the consulting physicians, and proposed with full confidence by the same who undertook to direct her, although with a complete want of confidence on the part of the professors and illiterate persons who saw her, and foretelling her impending death, did not believe it probable that she should reach the Island. And although it may appear impossible, the result answered admirably well, notwithstanding the obstacle caused by a certain self-will of the patient, and the fear which was inspired to her by those who not knowing what is and might be the medicinal virtue of that spot, did not understand that it might save a sick person almost at the point of death in the opinion of the illiterate persons and professors unskilled in that matter. But the conscientious conviction of him who had made the proposition made the patient remain, if not all the time that would have been necessary for her complete and radical cure, at least sufficiently to save her notoriously, notwithstanding the infractions which she committed upon the diet prescribed, and if she had not abandoned the place before the time which

was necessary for her recovery, the same would have been sure, as she was told, but judging unnecessary to remain there, and wishing to enjoy the agreeable sojourn which was offered to her in another spot, she deviated from the prescribed diet, rejected the advice which was in opposition with her wishes, and drew upon herself the return of the ailment which the remedies could not check and much less amend.

This fact and others not less conspicuous which I am going to relate will make known the hygienic and medicinal virtues of that Island, for the relief of human kind, for the honor of science, and the satisfaction of those who know how to avail themselves of the gifts of nature for the welfare of our fellow-beings.

Mrs. N. Bacallao de Hernandez, residing in Managua, in this island, about 35 years old, of a nervous-lymphatic temperament, serous predisposition, middling height, slender muscles, debilitated chest, after having been delivered several times with good luck, was attacked by a chronic metritis, suffering from a painful enlargement of the opening of the womb, and besides from a gastro-hepatalgia. A very experienced doctor took charge of tending her, and although he employed the means which are most recommended in similar cases, all the symptoms remained unchanged and very strongly marked during more than two months. The plan for curing the disease having been modified, a slow fever accompanied by a complete want of appetite made its appearance, together with a troublesome cough at night and in consequence of these fits of coughing, small hemorrhagies of very watery blood took place, and symptoms of a general tuberculation presenting themselves, inspired serious fears to the prudent and skilful professional man who attended the case: this gentleman however using every effort in applying his curative plan, seeing the inefficacy of the iode under different forms, as he had also seen that of the hemlock and sundry other soothing and resolute remedies, when he thought that the symptoms authorized him to characterize a tuberculous consumption in its second period, taking into account the dulness of the breathing sound in both lungs, the nightly sweatings, the slow fever, the greasy expectoration, the fetid breath, the suppression of her monthly courses, the pains in the thoracic region, both in front and back, the

short and difficult breathing, the lacking of muscular strength, the so well defined deterioration of the blood, the troublesome headache, the want of appetite and most of all the depression of spirits, he was induced to listen to my opinion, and in conformity with the same, this patient went to the Isle of Pines with a yellowish complexion that revealed the liver complaint, as well as the impossibility of walking and the pain in all the lower part of the belly, whereas the swelling of the orifice of the womb indicated clearly the sufferings of that organ also. Many persons on seeing her upon her arrival thought that her death was inevitable; but this lady observing faithfully the diet which has been prescribed to her, she has been so completely improved, that four months later she returned from the Island not only cured, but she is now pregnant since several months. Her plumpness, her complexion, her activity and lightsomeness denote perfectly the well-being which she is enjoying.

Nor is less remarkable the case of a lady inhabiting Matanzas, and wife of a Mr. Somoza, well known in the said city, and who after having struggled during fourteen months with an intermittent fever, which stubbornly resisted all the remedies employed, and having changed her residence as well as her physicians and curative diet, she saw herself reduced to a general consumption, and a deterioration of the blood so much pronounced that she looked more like a statue of ivory than a living person. This lady went also to the Isle of Pines, and to the same sanitary house in which Mrs. Bacallao was restoring her health, returning three months afterwards with a fine complexion, increased in weight, quite pleased with her excursion and convinced of the efficacy of those waters, or rather, of that spot so beneficial to her, as well as to several other sick persons whom I saw recruiting themselves at the same time; but it is and ought to be very useful, of known interest for humanity and of pride for science, if one can go so far as to explain them with exactitude for the satisfaction of the professors who wish to make a study of them. Those facts are recorded in a Memoir which I published in 1857, and they prove clearly, as is also evident from later observations, that I do not exaggerate in repeating with the oracle of Cos, after thirty eight years of observation and study of the climate and waters of the *Island*,

the sentences of an aphorism in which it says: *That what the remedies not cure is cured by the knife, that what the knife does not cure, the fire does cure, and that which is not cured by fire in chronical diseases*, do I add, *the Island cures and that which the Island does not cure is incurable*. And in saying this I take my ground upon the fact that the first observations I made about the effects produced by the climate and the waters in question were entirely of cases considered as hopeless, nothing less than of tuberculous consumption, which had been attended to by very distinguished professors; and as the patients and families were different so were the physicians and treatment also different. The professors to whom I allude were Mssrs. Romy, Hevia, Marin, Montes de Oca, Abreu etc.

Besides the cases of consumption and hemorrhagy of the lungs, came under my observation one which showed all the symptoms of elephantiasis; another which appeared to be leprous; another looking like the elephantiasis of the Arabs; besides those I noticed several of consumption of the larynx, and chronical dysenteries, already given up by science, venereal infections very deeply rooted and which nothing had been able to suppress, of lymphatic affections, of general debility, of deterioration of the blood, of white flood, of scurvy, of tetter, of rheumatism, of lumbago, of gout, of paralysis, of intermittent fevers, resisting stubbornly all the known methods and remedies, of gastralgies, of liver complaints, of severe pains in the bowels, nervous, bilious and nefritic colics, of calcareous gravel, of incipient sandy urinating, also of inflammation of the bladder, of violent headaches, of accidental epilepsy which generally attacks children and some hysterical women, of spasmodic pains, of constipation, of diarrheas, of nervous cough, of vomiting symptomatic of pregnancy, of diseases of the eyes and ears, of ulcers in the neck of the womb, of syphilitic and lymphatic ulcers, and what has been to me most remarkable and superior to all, two cases of tumors in the stomach which have not only disappeared, but the pain has subsided and the vomiting stopped, strength being restored to persons of more than fifty years of age. *Brigitis* also has been amended, and there are persons who have been eye witnesses of all these facts, and although one of the patients saved on the Island has chosen to elicit some doubts about the same out of particular motives, the phy-

sicians Messrs. Jorin and Dupierris are unexceptionable witnesses, as are also of the same case the respectable families of his Excellency José Ricardo O'Farrill, Count of Bainoa, etc. Were it not for fear of making this work too long I would describe one by one, all and every one of the innumerable cases which have been studied by me to substantiate what I have narrated, and which can be corroborated by what I am going to copy textually from Dr. Piña, who expresses himself in the following terms.

«From a nominal statement which I found by chance in the Archives of the Military Department of this Island, and which embraces the years 1842 to 1846, it appears that the number of deaths during this period of five years is very small, taking into consideration the reasons and causes of destruction which I will show further on.»

The summary of the said report, specifying the different corps and the number of individuals of each of them who have been sent to the island, is as follows.

CORPS.	No. of individuals.	Cured.	Died.
España	1	00	1
Isabel II.....	18	16	2
Corona	8	5	3
Lanceros	8	8	00
Artillería	7	4	3
Cuba	10	9	1
Union	31	28	3
Leon	28	21	7
Mérito	1	00	1
Cantabria.....	38	32	6
Tarragona	16	10	6
Milicias.....	1	1	00
Depósito	1	1	00
Habana	1	1	00
Nápoles.....	4	2	2
	173	138	35

Which gives a result of approximately twenty five per cent. It will be seen that from one hundred and seventy three soldiers sent to Nueva Gerona during the years 1842 to 1846, one hundred and thirty eight have left after having been cured, and thirty five died. It should be particularly borne in mind that many of them were so far advanced in their disease that they have died on the way or a very short time after having reached the Island.

It is highly to be regretted that a measure which gave such brilliant results should have been suspended, but it

is also to be hoped that the same shall be put in operation again as soon as his Excellency the Captain General will come to know how much may be expected from the climate and temperature of the said spot for the benefit of the sick soldier.

Mr. Añeses, speaking of the hospital for convalescent soldiers established on the Isle of Pines in the manifest which he addressed to General Miguel Tacon in 1834, expresses himself in the following terms. «I also consider to be necessary the employment of a sergeant or corporal, designated in the 33rd paragraph (alluding to the Memoir written by Delgado in 1832) whereas, besides the duties which are there in specified, he could also take charge of the detachments of convalescents sent by the different corps without sergeants or corporals to command them, it being impossible to avoid the licentiousness of the soldier without immediate officers, it being understood that upon their departure hence, they should only be provided with what is strictly requisite for their voyage as far as Batabanó, and receive the balance from the Royal chest there, whereby many excesses and pledges of the said soldiers would be avoided, as at the very moment of receiving the money to provide themselves with provisions, some mispend it, others gamble it away, and the result is that they ask for further assistance in order not to perish of want in this Island; and whenever it is given to them they again waste it according to their whim, so that it has become a custom to give them half an ounce (\$8.50) on the very same day that their furlough expires, so as to enable them to return to their respective corps.» So it is that instead of recuperating their health and strength, observing a regular method in their way of eating and well regulated way of living, some of them retrograde and get worse, in consequence of this want of observance, thereby creating unproductive expenses for the Royal Treasury, undue reductions of the different corps, and an unfounded discredit with regard to the temperature of the Island, so beneficial and salutary, confirmed by very recent events, whereas in the same has not been known the pestilency which under the name of *Dengue* visited in the year 1828 the other West India Islands and the whole coast of the Gulph of Mexico, nor the Small pox which in 1829 ravaged the Island of Cuba, although two sons of Mr. Delgado

who had been infected in this capital, proceeded to the Isle of Pines whilst they were still fresh, nor the Cholera, although its inhabitants provided themselves with provisions and other articles brought from Havana without any precaution, whilst at the same time whole families were carried off to the grave, nor even the yellow fever, that insatiable destroyer and most dangerous foe of the European who migrates to this climate.

In consequence of those indications the Superior Authority ordered that the patients should proceed to the Island under custody of a sergeant or corporal of their respective corps, until they were delivered at the said place to the officer in command of the convalescents, and even with this precaution, it could not be avoided that some disorders would happen, which many paid with their existence.

But notwithstanding the bad conduct of the soldiers who arrived there to recruit their health, notwithstanding the excesses and irregularities of every kind committed by them on account of the officer who watched them not being of a rank high enough to repress them, notwithstanding that the largest number of them went there with all the appearances of a confirmed consumption and of other different diseases considered to be incurable, this measure has given results which are satisfactory and even incredible as will appear from the statement which I have given heretofore, with only the influence of the climate and the waters of that valuable Island.

Many sick persons have not succeeded in expelling completely their ailments, the same having relapsed with more violence when they had scarcely reached the Island of Cuba; this mishap can be explained very easily, if one will heed the way in which they have attended to their treatment, from the moment they determined to go to the Isle of Pines. As soon as they were arrived there, they thought themselves authorized to commit with impunity all sorts of excesses, principally in their food, giving themselves up without restraint to the enjoyment of fruit including mangos, of codfish, liver, lobsters and other food of difficult digestion, using at the same time milk as a beverage. Nor did they omit to expose themselves to the vicissitudes of the atmosphere, going through sunshine, rain and night dew as if they were enjoying the most perfect health

which one may desire, and they changed entirely their habits and way of living, being confident that the influence of the climate would be sufficient to destroy their sickness entirely. The consequences which were to result from such a conduct can be understood by any person of even middling comprehensive powers: in fact they were assailed by indigestions, vomiting, diarrheas, cough, difficulty of breathing, want of sleep etc., and thence depression of spirits, want of confidence, ill humor and gloomy thoughts and forebodings which embittered the days of their existence.

All this united with the aspect of the Island which they saw almost uninhabited, gloomy with regard to society and recreation, rather scant in resources and comforts in tedious and delicate cares as are required by a patient of that class, who is importunate and discontented out of all reason on account of his sufferings, disgusted them instantly and they thought of returning to the bosom of their family.

During the days which they spent there, they were wearied and in extremely bad humor, every thing seemed to be bad and was repugnant to them, and notwithstanding this state of the mind, which must more or less have its influence upon that of the body, the mild and salutary temperature of the Island joined with the use of its waters, was diffusing its healthful influence in that unfortunate being who was fighting although uselessly and without knowing it, to destroy the same. Notwithstanding so much contrariety he improves, fattens up, enjoys himself, the place where he is living becomes less hateful to him, and insensibly and sometimes as by enchantment he recovers his lost health, congratulating himself upon the determination he has taken, and mentally thanks those who have advised him to go there. A month or thereabout after finding himself with new strength, renovated spirits, in one word, in complete health, although not entirely consolidated, he leaves the Island and at the very moment he returns to his customary mode of living, the disease reappears with the same violence, or worse than before and drags its victim to the tomb.

Let this patient remain during the whole time which is necessary to insure his cure, to change, if this idea may be allowed to me, his constitution, to acquire strength and

power of resistance adequate to check the causes of his disease, and he will become an enthusiast more, who will extol the benefits which the Isle of Pines affords to the afflicted human race.—Since from the beginning the name of convalescents has been given to the sick soldiers who are sent to that spot, I shall continue to use the same word, although strictly speaking, that term signifies the transient state between sickness and health, a state which lasts more or less according to the class of disease from which the patient has suffered and the more or less vigor of his constitution, as well as a multitude of other circumstances which it is useless to enumerate.

In proportion to the ailings which have attacked the soldier who goes to the Isle of Pines to spend the period of his convalescence, must his residence there be prolonged more or less, until the disease with which he was afflicted shall have entirely disappeared. It being impossible to establish fixed rules to define the time which this must last, I will hold out some indications to illustrate that idea, although for all that, they could not be looked upon as invariable for all the patients.

The chronical catarrhs (colds) require a long stay in the village of Nueva Gerona, as well as all the other affections of the chest which give fears of an invasion of consumption, principally if there are suspicions that the same might be at its beginning. The neuralgies or nervous diseases are not so difficult to eradicate, and therefore not so large a number of days is necessary to attain their complete disappearance. The convalescence after some acute diseases is generally of long duration, especially so in the Hospitals, those who have suffered from them remaining exposed to contract others, and more dangerous on account of the state of decline and susceptibility in which they find themselves, so that it will be very useful to send to the spot in question those who are in that position, not losing sight of the fact that the complete recovery of those patients takes place in less time than that of those specified before. The eruptions on the skin, the affections of the stomach and intestines, the chronical inflammations or obstruction of the liver and the milt, syphilitic diseases or rheumatical pains will require more or less time according to the idiosyncrasy of the individual and the length of time these ailings have existed.

The convalescent of the Isle of Pines should use food of an easy digestion, not loading his stomach with more than the quantity which that organ can digest, taking care also to remain always with some appetite after a meal is concluded, and he should never attempt to excite that sensation by using stimulants like wine, brandy, spices, pickles etc. It must however not be understood that all must abstain from wine, for there will be some for whom it will be useful and even necessary to use the same in moderate quantity, and only to assist the digestive powers of the stomach, when the same are defective in consequence of the want of action or atony of that organ.

It seems superfluous to call attention to the extreme neatness and cleanliness which should be observed by those convalescents, and the care they have to take in preserving themselves from the vicissitudes of the atmosphere, which fortunately are not sudden nor extreme in that place, as I have said before, but altogether, they should avoid very carefully the heat of the sun, and dampness, principally about the feet which must be kept protected during the night, when they are sleeping. They should take moderate exercise in the morning and afternoon, and use the baths of the river or rivulet of Júcaro, according to the opinion of the physician of the Colony who will visit them daily.

The great stumbling block which presents itself to re-establish the convalescence in the Isle of Pines, in such a way that it should produce the salutary effects which we promise ourselves from the same, is the want of a suitable location, to be able to house the patients with the ease, comfort and watchfulness which are required in their valetudinarian state, whereas there is no building whatsoever which could be spared for that object.

Whereas that, which is wanted for the purpose, should be of great dimensions so that its capacity may be adequate to receive an undetermined number of individuals, the result is, that if it should be built of stone and mortar according to all the rules of art, it would amount to a large sum which would weigh down the public treasury and besides take much time, not only to decide upon its building, but also to erect and complete the same. In the meantime, the sick soldier is deprived of the advantages which the said Island offers him for the healing of his ailments.

It appears to me very easy to obviate this obstacle, only by constructing a wooden building adequate to house as many as one hundred men, together with the officers whom the Superior Authority may appoint to keep them in the discipline, order and regulations which they have to observe during their cure. The scheme which I am going to propose can be put in practice at a very small expense and without occasioning the smallest sacrifice to the Royal Treasury. Thanks to the inclination, good wishes and enthusiasm of the military Commander of the Colony D. José Antonio Morugan, to the generosity and cooperation of some inhabitants and landholders of that Island, the sick soldier will find there not only his health but also all the comforts desirable to enable him to live in the quietness which his sad situation requires.

His Excellency the Captain General giving an order to the effect that every corps of infantry of those who constitute the army of the Island of Cuba should contribute five hundred Dollars out of the funds which they have at their own disposal, and the Lancers and Artillery two hundred and fifty each, let there be built immediately on the best and most ventilated spot of Nueva Gerona, a hall of earth and palmleaf covering one hundred varas long and ten wide with the corresponding sheds, and four apartments at the corners to serve as residences for the officers in command. A large fence should encompass this building, and in its precinct should be located the kitchen, the well etc.

In this large hall, free from dampness and with a good floor, being well protected against bad weather, although perfectly ventilated by the windows which should abound in its walls, can be housed from eighty to one hundred men, leaving about one vara between each cot and four or five in the midden to afford an entirely free and easy circulation.

It would also be very useful to detach for that point some more galley slaves who ought to be workmen, amongst whom should be included some masons and carpenters, as the largest number of those who are there are weak and sickly, as will be shown by the documents which are attached to their sentences, although in consequence of the public health, the climate and temperature of the country, they are all working without having the smallest indisposition, and entering the hospital in large number.

The mixture of soil which is used in the Isle of Pines for the construction of houses is firm, of great solidity and has an appearance almost equal to that of masonry work, the thickness of the walls can be of twelve to fourteen inches, and they will last a very long time provided always that they should be protected from injury by rain, by means of sheds which add besides much convenience to the buildings. They should be composed of rows of stakes with palmleaves carefully united with pliable reeds strong enough for that object, arranged perpendicularly between a sufficient number of poles of hard wood with a strong heart, to be filled and covered on each side with two coats of earth mixed with spanish grass, and then anointed with a good mixture of lime, sand and chalk which acquires after some length a surprising hardness.

I have heard of several schemes directed towards the most important end of founding in Nueva Gerona a sanitary establishment combining all the requisite conditions, but I can only speak with some accuracy of one of them which has been communicated to me since a few days, and to which I have dedicated some attention and time.

The establishment to which I allude will, according to the basis of the scheme, combine all the advantages which might be wished. Numerous separate dwellings will be constructed, for the individuals who have recourse to the Isle of Pines, with their family, in search of health and wish to remain entirely independent. It will also contain ample departments with the competent divisions for single persons. Also will be annexed to the establishment a hospital, baths, and an extensive plot of ground for gardens and recreation.

After all that I have related about that country, it is undeniable that its temperature, climate and waters are excellent for preserving health, prevent sickness and cure innumerable infirmities. In fact, rheumatic pains, syphilitic and nervous affections, eruptions on the skin, diseases of the stomach or intestines, those of the liver and milt and other internal parts of the belly, those of the urinary passages, the affections of the chest and the disorders of the womb, it being understood that none of all these should have gone so far as to disorganize some internal part, are cured with an admirable promptitude and in a permanent manner, as has been demonstrated by experience.

In the case of a disorganization of a particular organ, we can unfortunately not expect that the complaint should disappear, but a marked alleviation can be obtained, and the sufferings become more tolerable, rendering in some measure the last moments of life more agreeable.

I have managed to collect some practical observations, not only about the cases which I have seen personally on the said Island, but also those which have been within reach of the professors and private individuals who have resided there, and of which I will give a slight summary, in order to corroborate what I have thus far specified.

When I took charge of that task, the Medical Doctor D. Juan Roig who was entrusted during two years with visiting the Military Hospital of the Island was asked officially for a medical notice about that spot, and answered textually as follows. The Isle of Pines lying at the South of Cuba, contains a small village named Nueva Gerona, encompassed by mountains of some height which protect the same against the harm which might happen from some cause or other. The streets are wide and well delineated, and their sandy bottom does not admit of dust or mud, which are so obnoxious for health; the temperature of said Island is variable, warm and dry from nine in the morning until seven in the evening, at which hour blows a refreshing breeze which is the delight of the inhabitants. The waters are potable, abounding in magnesia, at the beginning they are laxative and afterwards facilitate digestion and stimulate the appetite. Health is constant there, although sometimes gentle and intermittent fevers do make their appearance, when they are excited by the intemperance of the patients. The chronical diseases of the digestive tube are completely cured, observing the requisite diet. Neuralgies disappear by the use of the bathing in the neighboring river of Sierra de Casas, whose waters are mineral. I have had the opportunity of experimenting upon myself, for having suffered during more than fourteen years of a sciatic affection, I procured the re-establishment of my health, and some other persons who were suffering from the same cause, experienced the same benefit: asthma, colds and other incipient ailings of the chest are easily cured. Pains in the bones of syphilitic origin, rheumatisms and affections of the urinary organs obtain the same favorable result as well as consumption in its first period,

as a fatal result is unavoidable when it has reached the second. With these antecedents I will say that the Isle of Pines is very appropriate for sending thither not only the convalescent patients but even the foreigners who require to become acclimatized. During my stay there, I have not seen a single case of the fatal black vomit, nor did I hear that there had been any before. Thus it is, that the property of that soil and the salubrity of its waters constitute like a beneficial haven where the human naves may enter during the storms of the physical sufferings.

Dr. Pedro J. Chaple, who is now physician of the said hospital has furnished me with the following observations.

1st D. J. C. born in Havana, amanuensis of the department of accounts of Marine, about 22 years of age, came here suffering from a consumption complicated with spitting of blood, with rather much coughing and difficult breathing; he was cured in 4 months.

2d D. Pedro Aranda, born in Havana, watchman in one of the wards of the Military hospital of S. Ambrosio, came in the first period of consumption, suffering from a very abundant spitting of blood, and after having remained three months he was radically cured.

3d Calixto Ricardo (Bluno) galley slave, left this military hospital where I treated him for a consumption of the lungs in its first period, but very much advanced; he is now living in the village, and cured.

4th D. N. de la M. Commissary of one of the suburbs of Havana, came here suffering from a venereal affection, after having been in S. Diego de los Baños where he did not obtain any relief; he was cured here in a short time of his disease.

5th Mrs. M. D. M. afflicted with consumption in its first period, arrived here about a month and a half ago; to day she is almost cured having pretty much fattened up.

This note was written on the 15th of June: I have had the pleasure of knowing and frequenting this lady, and her improvement in health and flesh has been constantly progressing, being now completely recovered.

6th D. N. Mesa suffering from diarrheas and in a consumptive state, came here and finds himself to day much improved and fattened.

The same as in the foregoing note. I have seen this individual almost daily: he travelled over, with the object

of curing himself, the Mexican empire, the United States and several parts of the Island of Cuba. In none of those places was he ever so well as in Nueva Gerona; but the foolishness and irregularity of his conduct was such, that he at last became so much worse that after having been almost well, becoming weary, he left for Havana on the 18th of July. In my opinion, the large intestines are ulcerated on account of which I prescribed small injections of nitrate of silver. He did not use them, and returned to Nueva Gerona on the 6th of August.

7th Miss E. Gutierrez, of a nervous temperament, arrived here at the end of May suffering from an extreme difficulty in breathing, and apparently a consumption in its first period, extraordinary extenuation, cough, want of appetite, she was never attended by a doctor: to day she is entirely well, and fleshy, observing that her monthly courses which had stopped, reappeared shortly after arriving here. In Havana she was attended by Dupierriis.

I have known and spoken with this young lady, and she is getting on well, although in consequence of the heavy rains and the surprise caused by seeing her family which arrived on this Island the 23d. of July, she had a slight attack of dispnea which subsided after two days, and she has not felt any more pains.

8th D. Elias Castro, 18 years of age, of a bilious temperament, with a pulmonary idiosincrazy, is here since the beginning of July with consumption in its first period, but with symptoms which make it likely to be already in the second; the constant cough from which he suffered has disappeared, as well as the fever; notwithstanding which he had on the 30th of the same month an attack of hemorrhage of the lungs. He was attended in Havana by Dr. Baez y. Quintanó.

After another violent attack of the same kind, he left for Havana on the 9th of August in a deplorable state.

9th D. J. Quintana, with consumption in its first period, and very visible extenuation and dispnea, arrived here on the 16th of July: daily fever and want of appetite; the fever has disappeared, the dispnea has diminished, and the appetite has become excited. I have seen this patient and do not prognosticate any thing favorable for him.

10th D. M. de la V. of a sanguine—nervous temperament, arrived by the end of June almost in the second

period of consumption; to day he finds himself relieved, with appetite and somewhat fattened; he has notwithstanding expectorated saliva mixed with blood.

This note was written on the 1st of August. He went to Havana on the 9th to embark for Spain.

11th D. José Gutierrez, of more than fifty years of age arrived here in December of 1848 with consumption in its third period, he committed a thousand absurdities and was very imprudent in his diet. On the 27th of July he ate half of a guanabana and on the top of it a plate of rice and milk. At seven o'clock in the evening he was seized with violent coughing, and had an attack of bleeding of the lungs which put an end to his existence.

12th D. Francisco Petit arrived here on the 16th of June: he suffered of tuberculous consumption; he finds himself to day 1st of August in the same state as when he arrived, if not more advanced.

This individual died on the 10th of August.

13th D. Antonio Gonzalez, born in Santander, came here on the 13th of May with a pretty strong hemorrhage of the lungs, cough, difficulty in breathing, and extreme extenuation. After a few days the hemorrhage ceased, the cough diminished, his appetite returned, and he continued in good health and gaining in flesh until the 8th of August, when he left for Havana.—He used some *marañon*. (A gum growing in Cuba, resembling the Arabic.)

14th A colored man, belonging to general C. arrived here on the 4th of July in the 3d period of consumption; he never improved and died one month after his arrival.

15th D. Bernardo Coya came in the beginning of July, being in the first period of consumption: to day he is entirely well, without any symptoms of his disease.

D. Francisco Hernandez, contractor of the Military Hospital of the Isle of Pines, has furnished the following observations.

1st D. Eusebio Febles, living in Batabanó, suffered from pain in the side and was not bled and attended medically in proper time, on account of which the disease became chronic, and at the end of two months, he was in the second period of consumption. He arrived at the Isle of Pines with fever, diarrhea, partial perspiration, much cough, paleness and extraordinary extenuation. After having remained six months on the Island, where many

people saw and spoke with him, as he owns an estate on the same, he returned to his home well and healthy after having expectorated a large quantity of purulent saliva, and I believe even a bag with pus from the lungs, according to the description he makes of it.

2d D. C. G. of the chaingang in Havana, after having suffered from an hemorrhage of the lungs, entered the hospital with erratic fever, hoarseness, constant coughing and he used to spit blood. He had had a gonorrhea which had been stopped violently; after a year he was almost well, the gonorrhea reappeared, and increased terribly; the same was cured with copaiba balsam, and had no bad results. After another year had elapsed, he was one night almost asphixiated for having slept in a room which was filled with smoke of burned rags; he was immediately bled on account of the great pain, oppression and hoarseness which he experienced, and the next day he resumed his occupations, without having been up to this day attacked again by any of his former ailments.

3d A soldier, corneter in the regiment of Isabel II, came by order of his Coronel, from the interior of the Island of Cuba, where the same was stationed, to cure himself on this Island of an hemorrhage of the lungs of which he suffered, and which doubtlessly was caused by the instrument on which he played. He was rather hoarse, suffered from the chest and coughed when he entered the Hospital. The doctor only prescribed some potions, emollients, and a slight pectoral; with this method alone, after one month he was dismissed with a certificate to the effect that he was entirely well.

4th A colored man, named Francisco, belonging to Dr. Puente y Franco, came to this Island to be cured of tetter, with which he was infested. He did not observe here any diet nor was he under medical treatment, and having called a doctor, it was discovered that the tetter had been repelled, and was replaced by a very acute liver-complaint, accompanied by disorders and complications in the principal intestines; he was very seriously ill when he had recourse to the doctor; small and concentrated pulse, cold perspiration, anxiety, rattling in the throat, and difficult coughing, meteorized belly, tumors and general swelling; he could not be in an other position than seated on a chair, and resting his head on a pillow on the back of an

other. The physician ordered that he should receive the extreme unction, and only prescribed some caustics in the afternoon of the day on which he saw him. On the following morning he was better, a reaction took place, the pulse became regular, the caustics suppurated, the expectoration was easier and more abundant, and he had copious serous evacuations mixed with bile; on the third day an antispasmodic potion was administered to him, which allayed the nervous symptoms which he showed. The tetter reappeared gradually on the fourth day, and he went on improving, fattened up and he became able to return to Havana.

5th D. E. M. who is now second lieutenant of the Regiment of *la Habana*, came from the Hospital of San Ambrosio, where he was many months suffering from an enteritis or chronical nervous inflammation of the intestines, which reduced him to a state of marasmus, whereas not being able to digest, he ejected by vomiting and stools whatever he ate. He had fever, and the pneumo-gastric nerve which had become affected during his ailings, occasioned a dry and constant cough, which joined to his paleness and extenuation gave him the aspect of a consumptive person, although he was not really so. Notwithstanding all this, M. was cured and he returned to Havana much fattened, so much so that on passing through Batabanó, he went to see the Military Commander, who upon his arrival had noticed him, excusing him from alighting from his carriage, from which he came supported by two soldiers to prevent him from falling, and that gentleman could not recognize him when he saw him, and asked him. Do tell me, and that other young soldier who was very sick when he passed through here, and was carried between two soldiers, what has become of him?

D. Francisco Valdés, D. José Reyes and D. Nicolás Hernandez with more or less symptoms of affection of the chest, have returned to their homes, well and sound.

D. N. Cabrera went away in the same state as when he came.

D. Diego Nuñez, D. Dias customhouse officer and a negro woman of Poey, could not be cured on account of their disease being so much advanced, and died a short time after being on the Island.

In consequence of having heard the waters of the ri-

ver of Sierra de Casas much extolled and miracles reported of them, I sent on the 2d of June an official message to D. Miguel Pinet, Vice Director of the Corps of Military Sanity, mentioning to him that it would be very useful, in order to test the virtue of these waters, to send there 4 soldiers, of those who were considered as incurable in the Military Hospital: one with ulcers on the legs, another with tetter, a third one with rheumatic pains and a fourth with tertiary syphilis, and if they had used the baths of San Diego without any favorable result it would be so much the better. That in case his Excellency the Captain General should accede to this petition, they ought to bring with them a succinct medical notice of their ailings; and the curative method employed to counteract them.

Consequently on the 25th of the same month, those patients arrived, and the report which they handed me is as follows.

MILITARY SECRETARY'S OFFICE. Report about the four individuals who have been selected by the Chief Surgeon of the Military Hospital of San Ambrosio of this place, in virtue of the order of his Excellency the Captain General, dated the 14th of this month.

Private Diego Márquez, of the first company of the Regiment *de España*, suffers from a venereal ulcer in the nasal membrane, having been thirteen months in the 2d ward of surgery in this Hospital, until lately, when being ordered to take the baths of San Diego, he spent previously fourteen days in the 1st surgical ward where he took the ptisan of Carlos Musitano; afterwards in San Diego he bathed in Templado and Paila, he took injections, but notwithstanding, he only experienced a slight improvement.

Another Angel Mendar, of the 3d company of the Regiment *de la Habana*, has been one year in the general ward, suffering from tetter; like the foregoing he was transferred to the 1st Surgical ward, and took the same ptisan; after the waters of San Diego used in—and externally; he has not bettered at all.

Another Francisco Carrioso, of the 1st company of *la Corona*, suffers since four years from exostosis in the head, and rheum: during that time he has been almost permanently in the 1st surgical ward; he took also ptisan like the others and the waters of San Diego without success.

Another Roque Piedra, of the riflemen lancers, has been

two years in the Hospital suffering from an ulcer on the shinbone, having been in the general ward, took ptisan like the others and afterwards the baths of San Diego; he is in the same state as when he went. Havana 20th June 1849.—*Nicolás José Gutierrez*. For certified copy.—*Pedro Estéban*.

As soon as these individuals arrived there they entered the Hospital, and after three days' rest, they began to take the baths of the river Sierra de Casas: at the end of five days I had prepared for them at the source of the rivulet of Júcaro a little well where they might take the baths of natural soft water, so as to alternate with those of the river. We have been disappointed by having much rain in the months of June and July, whereas it has been necessary to suspend bathing for many days; but notwithstanding the few that they have been able to take, such an improvement is visible in them, that I consider them to day as entirely well. They came with me to this city to join their respective regiments.

With the use only of the waters of the river and brook externally, and that of the well of the Comandancia internally, I have succeeded in driving away affections of such long standing, and which had almost become inveterate.

The patient with the ulcer on the leg is the only one who received any assistance from art to accelerate the cicatrization of the same, whereas I ordered it to be cauterized every third day with dissolved nitrate of silver, at the same time that he made use of the baths. The same is not yet completely cicatrized but it can not be long before it will be healed for ever, if he is watched very scrupulously on his body, being attended personally by the professor who has been designed for him, and taking particular care that the said ulcer should not be allowed to extend itself, thereby compelling the patient to return to the use of the waters of the Isle of Pines.

In the case of ocena or ulcer in the nose and that of exostosis in the head which has entirely disappeared, the patients require also some care and watching from their immediate officers as well as from the physicians of their respective corps, for they have got accustomed more than is good for them to the hospital life, and it would not be extraordinary if some day they should manage to enjoy its advantages again.

The chaingang prisoners Aniceto Padron, José Ruiz, José Ramos, Ramon Romero, Felipe Vidal, José Nercey, Teodoro Santa Cruz, Agustin de Orta and Federico Uturria have been designated to go to that place with the object of recruiting their health, whereas all went with affections of the chest, as is evident from the official documents which accompanied their sentences, and all are now in good health without complaining nor requiring to go to the hospital.

The last of them, Uturria, embarked on board of the same packet in which I went to undertake my commission in the Isle of Pines, and it was necessary to carry him to the Hospital between two men. He arrived in a deplorable state of decline, leanness and with diarrheas, at the same time he had an obstinate cough, gave up blood through the mouth and had colliquative sweatings. After one month and a half he was dismissed almost entirely well, but he remains without working, taking a moderate exercise and using milk until his cure will be consolidated.

Vicente Correo was sent to the same Island for a disorder of the eyes which was inveterate and gave him much trouble. After a few days he was cured and employed like the others on the Public Works.

The Parish Priest was during four years suffering violently from the stomach without being able to find relief for his pains, his vomiting and the acidity which he thought was corroding that organ; he had no appetite whatever, his aversion for all kinds of food having reached such a point that only their smell or sight caused him nauseousness and vomiting. After a few days of having taken charge of the said parsonage he began to improve and gain in flesh, not having felt any more inconvenience during the two years he remained on the spot.

The sexton who attends to the same parish suffered from a violent ematemesis (blood vomiting) in two distinct occasions, and on the Isle of Pines he has always found relief, being at present very stout and without the slightest unpleasant feeling to afflict his existence.

Mrs. de Costa, after a laborious delivery, contracted an indisposition of the stomach and intestines which brought her to the point of death; her attenuation was extraordinary and she could hardly stand up. She arrived on the Island, and after having been there a short time,

her husband wrote me as follows. «You know already from the description I made to you of the complaint of my wife, how delicate and gradual her convalescence must be, but she has only spent one month here, and to day I have the pleasure to advise you of our return to Havana, on the 6th inst; she is completely recovered and in the best state of health she ever enjoyed, without any other influence or remedies than the waters and temperature of this Isle of Pines, which is quite notorious.»

I certainly saw that lady on the 5th of June, the day before her departure, when she arrived to embark from her plantation of las Nuevas, where she had remained one month, and she was quite fleshy, had a good complexion, much appetite, and was in the usual good spirits which are a consequence of good health.

Mrs. de N. arrived on the Island on the 23d of July. In consequence of sad impressions produced on her mind by the death of a brother, and a laborious delivery which took place under those circumstances, she lost her appetite entirely, so far that the very sight of food caused her repugnance; she was also taken with a pain in the right side which corresponded with her back, troubling her very much and occasioning a cough and some difficulty in breathing. She resolved to go to that Island, and after having remained there a few days, her appetite came back, the cough disappeared and she recovered the animation and light spirits which accompany a complete state of health.

I could quote many more cases of almost miraculous cures verified on the Isle of Pines; but they do not deserve entire confidence, whereas the persons who relate them are without knowledge of the art of healing, and their narratives want the required correctness to give them credit, and they also participate in the marvellousness and exaggeration to which we are naturally enclined when we undertake to praise those things which captivate and enrap-ture us.

Notwithstanding the good qualities and excellence of that climate, there appear in the season of rains, when they are very abundant, as they have been in the months of June and July, some intermitten fevers, but plain, slight and free from all complications; by taking a simple purge and a few light doses of quinine, they yield easily and do

not leave behind them any disagreeable consequence. You will never see there those obstinate intermittent fevers accompanied by alarming symptoms denoting affections of the brain, the lungs, liver, milt etc and which show themselves in marshy and miasmatic regions, reaping a multitude of victims and leaving for inheritance, numberless horrible sufferings which embitter the existence of those who experience them.

It appears difficult, not to say impossible, that all the reported facts being certain, and even more remarkable the immense number of those that have been omitted, a spot so privileged and favored by nature should have remained in such a state of backwardness and shocking abandonment. But as every fact may have its explanation, this one has his own, whereas one of the many reasons of its backwardness may be found in its isolation and separation of the Island of Cuba, of which it depends and to which it has until a short time ago done much harm, that Island being a shelter for pirates, which circumstance also drove away all those who should have wished to establish themselves on the same, cut off from all society, frequented by malefactors against whom they had no means of defence, being deprived of protection, of resources to create business, of inhabitants to encourage the same, and even missing spiritual care, one must acknowledge that it would not have been prudent in the few members of the incipient population of Cuba, to go and settle the desert Isle of Pines without having a defined interest in doing so. It is thus not extraordinary that the same should have remained abandoned for about a century, even after having been conceded to D. Hernando de Pedroso in 1630, whilst in 1716 it had not yet begun to become populated.

But having adjudged the same to themselves in that year Messrs. Nicolás and Francisco Duarte, descendants of Mr. Pedroso, the first took possession of the Northern part and the second of Punta Este: wishing to settle the same he sent there for that purpose a Mr. Gelabert with ten head of cattle and fourteen mares. Eleven years after, he had seventy five head of cattle and some other animals, when on account of the death of D. Francisco, his widow made a contract with her brother in law D. Nicolás, by which the said gentleman remained sole owner of the whole Island or of the two Islands. Thus it is that the new

owner having begun the settlement in the Southern one, and also wishing to extend the same to the Northern, he recommended to Mr. Gelabert, to form there and near Punta Este, the two farms known to day by the name of San Juan and Sta Fé. He sent besides D. Francisco Abella to create five more farms, thus dividing in seven primitive estates the entire part which he appropriated to himself, intending one estate for each of his seven sons, and the Southern part which he bought, he left undivided, but with the option of one seventh part of the same to each of them.

This gentleman made his will in 1750. In 1760, his sons having taken possession of the said estates, each one of them busied himself in improving and settling his respective part, so that there were already some inhabitants, and three years afterwards, that is to say in 1763. D. Francisco Javier Duarte, son of D. Nicolás, solicited to be and was appointed Capitan á Guerra, this being the first time that the Government took any part in the business of the Island, or interfered with the same, nominating a person to represent the same there. But this gentleman having much business to attend to, and his son being able to take his place in that station, he transferred his powers to him. As however both interested themselves in the improvement of their Island, D. Francisco solicited the permission to import colonists, and his son begged the Bishop to appoint a parish priest to attend to the spiritual wants of the inhabitants, who being but few, the petition of D. Domingo was not granted, and his father was denied the permission for colonization which he had solicited. Notwithstanding all this, those gentlemen through their influence and relations, succeeded in bringing over several families, in spite of the fear which was inspired to them by the pirates who frequently plundered and robbed those poor defenceless inhabitants. However, such was the grief which they felt at the refusal of the Government, that D. Domingo resigned his command in 1765 and D. Andrés Acosta succeeded him with the title of Captain.

In 1766 the pirates invaded that Island, and as usually plundered the same, without the local authority being able to prevent it, for want of men and means, as the Messrs. Duarte had explained in their petitions, and who as we have said, through their influence and relations, had suc-

ceeded in bringing there a few families who dedicating themselves to the rearing of cattle, had increased the stock of the farms, introduced hogs and were settling new establishments. Thus, in 1707, the Island contained already 76 inhabitants, besides a few sick persons who came to take the baths to cure themselves of diseases of the *liver*, the *stomach* and the *chest*. There were also many adventurers, who out of fear for the punishment which they justly deserved, escaped from here and went to take refuge there, where they lived at the expense of the inhabitants, who, some out of compassion, and others for unknown motives, gave them shelter; but Mr. Acosta, convinced of the harm done by those bad guests, asked and obtained authorization to expel them. It is thus, that this nomadic population is not counted in the number of inhabitants. The Island was in this state, when D. Juan Terry y Lacy arrived, and after having travelled over and examined the same, he lamented with reason the state of abandonment in which it was, being even deprived of all spiritual comfort. However, the population continued to increase slowly until in 1809, when Mr. Acosta, who was then owner of the farm of Sta Fé, allowed some houses to be built, granting for that object as many as 12 lots, on the spot known to day by the name of *Bosque de Mangos*, which trees are planted in the yards of the houses built by the inhabitants, who contributed as many as five or six. And being desirous to favor the development of the growing village, in spite of the constant struggle with the pirates and malefactors, a few years later he had a church built in which his son D. Ignacio officiated, whilst even before that time he confessed and exhorted the neighbors; this parish was that called *Quivicán*; but Mr. Acosta succeeded in having a priest established there.

This was the only village that existed in 1826, and was situated near the centre of the plantation, distant less than one mile from the thermal spring where the sick people went to cure themselves, and where is now situated the bath called Sta. Rita, which is about two leagues to the South of the landing place of the river of Sta Fé, and in May of that year, D. Clemente Delgado y España arrived there accompanied by an adjutant, a corporal and six soldiers with a doctor. He was commissioned to establish in the Island the Colony Reina Amalia, and after having

seen and examined the spot, the Government not owning lands there, Mr. Delgado succeeded in getting from D. Andrés Acosta, owner of the farm named Sierra de Casas, the offer of 112 caballerias of ground, on the West bank of the river called to day *Nueva Gerona*, fit for cultivation and at a short distance from the sea, to be distributed among families of farmers. The new Commander accepted in name of the Government, as was his duty, came back here, and having come to an agreement with the Captain General and the Superintendent in a verbal interview, he returned to the Island a few months afterwards, carrying with him twelve soldiers, one artillerist and a corporal, fourteen chaingang prisoners, one small cannon, some ammunition and armament; instruments and tools to fell trees, prepare ground for sowing, building and provisions to subsist, as there had not been found on the Island roots nor seeds to sow or plant sweet potatoes, plantains, vegetables and grain.

Consequently, with this force and these tools, did he begin in 1727, to fell trees, in order to lay out the village of Nueva Gerona, whose first buildings were 4 large halls of mixed soil and palmleaf, the first being appropriated to the Commander and his officers, who were the adjutant and the doctor; in the second the troops were lodged; the third was designed as a prison for the chaingang, and the fourth served as a general store, the different ones being christened by their inhabitants with the pompous names of *Vatican* and *Quirinal*, whose humble architecture contrasted much with the monumental buildings which were the pride of proud Rome!

It will be easy to understand the just reasons which the Commander had to lay out the present village of Nueva Gerona where it now exists, whereas he had no other locality, that one being besides very appropriate and commodious for the intended object, the small craft used by the government to transport provisions and men and keep up the necessary correspondence, being able to reach by this river as far as two or three *cuadras* (a cuadra is a distance of one hundred varas) from the growing village, and it was necessary in Sta. Fé to travel four or five miles by land, which expenses and loss of time were too burdensome for the Government and onerous to the new inhabitants. Besides this, Sierra de Casas was haunted by the

pirates, and it would not have been easy to watch the same from the old village, which was a reason the more to fear a landing, as besides the *pirates* there were Columbian privateers who infested those waters.

Moreover the spot ceded to establish the Colony was near by, and the capital being situated there, it was easy for the colonists to provide themselves in the same with all the necessary articles, it being also more convenient to them to carry there the produce of their industry or labor which at the same time was indispensable to the village. Thus, the selection could not be entirely free, these circumstances contributing to have the same located not where it ought to have been, but where it was possible to do so: and being situated between two hills at the leeward of a river whose marshy banks shelter troublesome insects and disgusting reptiles, the sojourn there became disagreeable and less healthy than on any other point of the Island. This disadvantageous location contributed somewhat to the backwardness in which the same is still, whereas since that date the Island, whose population was of about 300 persons, increased little, enjoying already the protection of the government, which appropriated a vessel to regulate and facilitate communications, and offered land to the farmers who should wish to locate themselves there, constructed a Church, besides the Barracks, House of correction, Government's offices, an apothecary shop and store, and caused several inhabitants to erect buildings, in consequence of which a general country store, and a bakery were started, and a landing place was prepared. This already inspired some confidence, although some fear still existed on account of the pertinacity of the privateers who had once made a prisoner of the Commandant himself: notwithstanding all this, the Government succeeded in sending to the lands which were given to the same, some families of colored people who emigrated from Florida, and to whom some ground was made a present of, besides a small pension to each of the heads of families who went to establish themselves on the spot designated to day by the name of *Colonos*. Those, although with very small resources, have cultivated the soil, some work as carpenters and masons, the women are laundresses, and it is pleasing to see that they generally speak English, French and Spanish, know to read and write, and it may be said that

they are indebted for all this to the care of their parents, who are the only teachers who instruct them, whilst all with very few exceptions are of an exemplary conduct. Would to God that there were colonies of white people as well organized and sustained!

But the causes enumerated so far are not the only obstacles which the development of this interesting Island has met with; there are others, and I must point them out, in order that it should be known why, notwithstanding its real merit, it has not been able to thrive, the principal of all being, without any doubt, the want of population in Cuba. The difficulty in the communications, the complete ignorance, although the same is excusable, of the physicians who have not known the resources which afford the rich springs contained in the famous *Evangelista*, and even the treasures offered to the husbandman and peasant as well by the nature of the soil as by the facility of irrigation.

The Columbian pirates have also much contributed to keep back the industrial development of the Island, capturing several of the boats which were carrying on the trade during the first years after the creation of the Colony. It is thus not to be wondered at that it should have remained almost stationary or at least making very slow progress, notwithstanding the reports of the Commandants, the recommendation of some people who had been cured there and the sayings of some rather unknown physician. I however wished to have an opportunity of repeating the observation which I had made in the year 1826 and which so much excited my curiosity, that I did not neglect any one that seemed to offer me a chance. until in 1844 a patient presented himself to me who was fit to try the scientific truth which I was looking for, and there being already a railroad as far as the beach of Batabanó, without any fears of robbers on the way nor want of lodgings on the same, nor risk of pirates, depending also upon the certainty that the *Guairo* (small boat) of the Government left on an appointed day, that the village of Nueva Gerona contained some inhabitants, and had a church, apothecary shop, hospital, graveyard, soldiers and houses to receive the visitors, public shops which if not very well provided, as there were several of them, could furnish, I will not say all the articles wanted, but at least some of the most indispensable ones. I obtained that one patient should go.

and on the strength of his information two more went, and then I went myself, which had for result that one or other unfortunate being *sentenced* to death continued to go, and these sentences being almost all annulled, it made me think about seeing a steamer established, and this wish of mine was fulfilled without his own knowledge by D. Manuel Calvo, who brought on the 15th of September 1850 the steamer *Cubano* to the river of Nueva Gerona and continued to make one weekly trip. The population of the Island amounted then already to one thousand souls, a little more or less. That day should never be forgotten by the inhabitants, since from then dates their true prosperity; because if Guttemberg, without any doubt, succeeded by his invention in diffusing and copying the thought, Fulton with his, has made that those copies should reach even farther than the sparks of the steamer are flying. Thus it is that there being regularity, more comfort and security in the passage, arriving on the same day of leaving from here to sleep conveniently in Nueva Gerona, it is evident that finding the passage easy there should be no want of passengers. To which is to be added that Mr. Calvo planned a new business which required hands and a building for the preparation of spirits of turpentine, varnishes etc. This gave a direct impulse and an even larger indirect one to the Island, because being gratified to see an easy way of bringing there patients who could not be *scientifically* saved here, and Mr. Calvo being flattered to see me patronizing his steamer, we soon became acquainted and entered into a cordial friendship which I believe to be loyal, as my professional interest identified itself with his industry: this friendship although of short duration, has not been fruitless, for it was owing to the same that Mr. Calvo, upon my request, not only created a small company with silent partners to establish the thermal bath which exists to day in Sta Fé, but also built a small hamlet of mixed soil and palm leaf, which on account of its bad condition was replaced by a better one more elegant and better laid out, on more adequate ground.

And this has not been the only beneficial result of our friendship, for through the same I obtained that another company on the same plan should be started, which company bought Mr. Calvo's steamer, affected exclusively to the service of the island.

But whereas all created beings grow, and their wants increase in proportion to their development, thus, by its natural increase, the growing village requires every day new industries which have to satisfy the wants which the hands of time, assisted by the beneficial influence of vivifying *steam*, are originating, for which reason is wanted more movement, more impulse than that which can be communicated to day to the same by a single vessel, slow in its gait, cramped in its dimensions, and exposed to want frequent and urgent repairs, if it was pushed too hard: and as during the last ten years the population of the Island has been doubled, and the same becomes every day more renowned by its *hygienical* and *medical* properties, the small bathing place which was made is insufficient, nor are the small and inconvenient dwellings which were constructed at the beginning adequate to what is required, nor are there carriages enough to convey the bathers and sick persons, who flock in from all quarters; foreseeing thus that all which has been done thus far could not satisfy the present exigencies, and as such imperious wants should not be left exposed to the risk of a speculative forethought it has been thought proper to stimulate the philanthropy of the public in order that it should contribute with its knowledge and with the necessary capital, and in its own interest take part in an anonymous company which having for object to satisfy public necessities, should do it by assisting suffering humanity, furnishing at the same time new industries to a growing country, in its interest, creating by itself elements proper to secure the capital invested retributing the same with a moderate interest, which should be an object of pride to those who have had a share in the scheme on account of its noble end.

Thus, based on these principles, was promoted the Company called *Fomento Pinero* in which took part without resistance the illustrated, influential and generous persons who got information about the same, and although the events of 1857, at which time the same was started, kept its progress somewhat back, it has notwithstanding gone ahead, although slowly, with a pretty firm step, enjoying the satisfaction of having created the necessary elements to complete its development and further progress, whereas besides having caused a new and elegant village to appear in front of an old and humble hamlet which was so unfit

to house sick persons, it is occupied in enlarging, extending and improving the baths which are so much needed for the visitors. By its solicitude has been laid out a fine high road which the Government has facilitated, constructing two solid bridges to ensure the communication between Nueva Gerona and the new hamlet of Santa Fé, which are the two only ones which are in existence. The same, together with the inhabitants has paid for another bridge and possesses a fine and convenient road to reach the new landing place on the river. The same has contributed to the construction of a steamer which will satisfy the wants of the travellers, as it affords comfort even to the poorer classes, and security for all. The same is occupied in constructing fine, substantial and elegant houses, whose prices will be within reach of the most humble fortunes. The same will facilitate the communications by reducing all modes of transportation to the lowest possible standard. And whilst a church is being constructed, the visitors can already depend upon an oratory large enough to satisfy the imperious necessity which is felt by pious souls, and under its patronage exist to day a magnificent hotel and a large private hospital provided with a good doctor and surgeon, an apothecary shop and all the instruments and fixtures which may be required for patients of all ages and conditions. All of which has been done in virtue of the brilliant results obtained, notwithstanding the want, until a short time since, of the most indispensable elements, these results being exclusively due to the temperature and waters of the Isle of Pines, whose composition, ascertained and known is as follows.

Bath or Sta. Rita or thermal of Santa Fé.

WATER—1 LITRE.

Temperature of the water.....	32 centigrade.
Carbonic Acid free.....	00025 of a litre.
Carbonate of Lime.....	00777 of a gram.
Carbonate of Magnesia.....	00084
Sulphate of Lime anhidrd.....	00140
Sulphate of Magnesia anhidrd.....	00062
Sulphate of Soda anhidrd.....	00073
Chlorure of Sodium	00063
Peroxide of Iron.....	00011

Thermal Spring of Malpais (a) Bath of Doctor Diaz.**WATER—1 LITRE.**

Temperature of the water	34 centigrade.
Carbonic acid free.....	00100 of a litre.
Carbonate of Lime.....	00618
Carbonate of Magnesia.....	00044
Sulphate of Lime anhidrd.....	00280
Chlorure of Chalcium.....	00171
Chlorure of Sodium.....	00048
Peroxide of Iron.....	00025
	<hr/> 01186

Water of the Pocito (Santa Fé.)**WATER—1 LITRE.**

Carbonic Acid free.....	00025
Carbonate of Lime.....	00875
Carbonate of Magnesia.....	00088
Sulphate of Lime anhidrd.....	00040
Chlorure of Sodium.....	00114
Chlorure of Chalcium.....	00120
Peroxide of Iron.....	00020
	<hr/> 01357

Water of Cunagua.**WATER—1 LITRE.**

Carbonic Acid free.....	00015 of a litre.
Carbonate of Lime.....	00072 grain.
Carbonate of Magnesia.....	00106
Chlorure of Chalcium and Sodium.....	00052
	<hr/> 06230

Ojos de D. Cristóbal (Santa Fé.)**WATER—1 LITRE.**

Carbonic Acid free.....	00050
Carbonate of Lime.....	00876
Carbonate of Magnesia.....	00088
Chlorure of Sodium.....	00171
Chlorure of Chalcium	00120
Peroxide of Iron.....	00007
	<hr/> 01262

Nueva Geron. Bath del Arroyo.**WATER—1 LITRE.**

Carbonic Acid free.....	00050 of a litre.
Carbonate of Lime.....	00927
Carbonate of Magnesia.....	00176
Sulphate of Lime anhidrd	00070
Sulphate of Soda anhidrd.....	00073
Chlorure of Sodium.....	00228
Chlorure of Chalcium	00363
Chlorure of Magnesia	00045
Peroxide of Iron.....	00005
	<hr/> 01884

Agua de Magnesia. (Santa Fé.)

WATER—1 LITER.

Carbonic Acid free.....	}	small quantity
Carbonate of Lime.....		undetermined.
Carbonate of Magnesia.....		00772 gram.
Chlorure of Chalcium.....		00176
Chlorure of Magnesia.....		00114
Chlorure of Sodium.....		00045
Peroxide of Iron.....		00060
		00005

01172

August of 1863.

The simplicity of those waters inspired me for a long time with the idea of not publishing their analysis, for I had the well founded fear that their singular medicinal virtues should be denied and disputed; but having to satisfy the public and professional anxiety, I had to avoid that my frank way of proceeding should be misinterpreted, and that it should be believed, or that they had not been examined or that their analysis was kept secret out of malice. To day that the facts, so numerous and repeated as well as variegated, are able to answer victoriously to theories deducted from erroneous principles, I have thought that my fears were unfounded, and the analysis having been repeated and amplified, I present the same to the public such as I have received the same described, from a friend who, to oblige me, asked for it, and obtained it from the very learned and reverend Fathers Escolapios, who took charge of doing so with the intelligence which characterizes them and the exactitude which they are able to obtain by the good collection of instruments and reactivities in their possession, and which is necessary to satisfy the exigencies of science. It is desirable and even necessary to repeat in different years and seasons the said analysis, whereas it is not enough to have seen and observed for the space of 38 years which I have devoted to their study, without having noticed any difference in their properties and effects, to conclude that there is no variation produced in the course of time in the solids and liquids which compose the terrestrial globe, when it is a supreme law of nature that the different elements which compose the same are constantly varying, and this variation has been seen already many times marked in an infinite number of well known fountains or springs; and whereas what interests us most is to know and appreciate

in the present state of things their medicinal or hygienical virtues, let him who chuses go now to Santa Fé, where he will be able to see and observe a number of patients, of whom every one may offer a pretty interesting case, taking into account the nature and period of their diseases, which may be compared with the analogous cases described by me, and this comparative study will, if not suffice, at least be of some use to do justice to my assertions. The voyage is easy, not very expensive and one may already depend upon hotels in Nueva Gerona and Santa Fé, where besides are also to be had carriages, which if not elegant, are at least very strong and the roads are pretty good. This practical and comparative study at the same time will be sufficient to form one's own opinion, which is the most satisfactory, and I am not the one who is less anxious for it, because from this scientific investigation, being correctly made and published with frankness, will appear with all the brilliancy of truth all what I have said here, being able to repeat what I published in an article, without fear of exaggeration, saying: «that the waters and climate of the Isle of Pines, as a spot of *temporary residence*, are superior to all the bathing places known until this day, not only in the Island of Cuba but in every country in the world.» Because, in general, all the medicinal waters used and recommended, are so, as being specific, their action being limited to counteract one or other determined disease, as for example, the waters of Barèges are unsurpassed for the treatment of wounds, besides some other ailings, but very dangerous for plethoric persons, and above all for the excitements of the brain. Those of Vichy for anemý gastralgy and constipation, and some other affections which denote the want of physiological condition in the blood. Those of Saint Honoré for the affections of the skin, for nervous ailments, those of Plombières which are commendable for the diseases of the womb, for catarrhs of the bladder etc. Prague as well as Vernet for the chest etc. But, these waters can neither be used in all seasons nor are their properties so various, and it should be necessary in some cases of complicated diseases to have recourse to several springs successively, whilst those of the Isle of Pines have been given with equal success in cases of truly complicated diseases in some individuals, and even in really opposite affections,

as are urinary secretions, calcareous and urical, stubborn constipations and obstinate diarrheas, vomitings symptomatic of pregnancy, and those produced by cardialgy, hematury and Bright's, nervous pains and paralysis, etc. with an advantage even over some known and useful baths, as those of San Diego, Madruga and Marianao, which can not be used the whole year round, whilst those of the *Island* can be so. Whereas, as well in Nueva Gerona as in Sta. Fé, patients are bathing in Spring and Summer, in Fall and Winter, this last season being preferable in every respect. And, although lately there have fortunately been ascertained in some waters of the *Mont d'Or* medicinal properties efficacious enough to counteract the tuberculous consumption, there have been patients who have left them to go and visit other springs adapted to the concomitant affections which those of the *Mont d'Or* do not cure nor alleviate. And as it is very interesting for suffering humanity to know what can relieve or cure the same, I make free although it will add a little to the length of this work, to add the following interesting notice, taken from the Medical Gazette of Paris, published on the 9th of April of the present year, in which Dr. Jules Mascarel expresses himself thus.

GENERAL THERAPEUTICS.

NEW INVESTIGATIONS ABOUT THE (CURE) CURATIVE ACTION OF THE WATERS OF MONT D'OR.

It is a fact admitted by the greater part of practical men that the cure of pulmonary consumption is not absolutely impossible. This idea emitted more than twenty years ago by Dr. Cruveilhier in his public lectures, delivered in the Faculty of Medecine in Paris was in a certain way no more than the corollary of the more ancient assertion of Morton who said; *the tubercles would be the unavoidable perdition of humanity, if they condemned the same absolutely to die.* «Phthisiology without exertations of Phthisis: London 1689.»

The illustrious Sydenham also expressed himself in almost the same terms: «however, the opinions of those two respectable English practitioners lost almost all their strength, when at the beginning of this century, Laennec

made known to the medical world, by means of auscultation, the line which divides the pulmonary catarrh simple from the tuberculous catarrh.»

The author, notwithstanding this, continues to explain and demonstrate not only the possibility but the reality of the dissolution of the tubercles. And to inspire greater confidence in what he says, quotes the respectable opinions of Currel, who to appreciate to its full extent the importance of Pathological Anatomy and the exactitude of the assertion of Mascarel, says: «That Pathological Anatomy has never demonstrated with more conclusive evidence the cure of a disease, than it has done in pulmonary consumption.» Professor Brommais had already said that one could not refuse to believe that the tubercles could be dissolved. Dr. Mande dedicating himself to investigate the histology of the tubercles, has more and more a tendency to demonstrate that those bodies are produced by the phlogistic exudation, and nobody is ignorant of the fact that exudations can be absorbed. Thus, Dr. Mascarel, besides the facts which in sciences are every thing, brings forth as an overabundant proof of the principle stated, the respectable opinions of Herard, Cazenave, Sandras, Sales, Gironds and many others who believe in the possibility of dissolving tubercles in general, and those of the lungs in particular. Providence says this last writer struggling against the blindness of the learned, demonstrates materially the dissolubility of the tubercles in every stage of their development. And Dr. Mascarel goes on saying. «We are not without knowing the gravity of the work which we undertake; for a long time encyclopedists, it has been permitted us more than once to see our associates the specialists, more circumscribed in their domain, being mislead through tenebrous walks, and in order not to lose ourselves in pure conceptions of the spirits of the discussion to which we dedicate ourselves, let us not depart from the point of facts, and of facts collected in all their simplicity, without premeditation nor preoccupation and with all the desirable authority and authenticity, let us seek truth, which it is our object to discover.»

«Taking pulmonary consumption in all its stages, we propose to ourselves to submit to the view of the doubtful reader that which happens in the great cavity of the renowned establishment *hydro-thermo therapeutical of Mont*

d' Or, and we will consider ourselves fortunate, not to convince him of the evidence and truth of our assertions, because our ambition is more limited, but to be able solely to dispel his doubts on the point of view of the curability of that disease and provoke an impartial and conscientious critical examination. Truth can not be obtained unless it is at that price.» To leave the smallest possible doubt about the diagnostic or nature of that disease, we shall divide this work in two parts: in the first we shall include all the cases of tuberculous consumption in its beginning or first stage. In the other all those in the second and third, or of confirmed consumption.

«Each one of these stages will be divided in two classes. The hereditary consumption and that got accidentally, examining each of these classes in man or in woman.»

I had not nor have any doubt about the curability of tuberculous consumption even in a much advanced period, and already given up as incurable by many, and I have published this opinion several times; but as my assertion has been explicitly denied by some and put in doubt by all, I hope for the honor of science and the benefit of humanity to see the judgment pronounced against me by those who do not know me, modified and corrected, were it only to see my assertion corroborated now by the explicit and affirmative words of Dr. Mascarel, sustained by the practice of many and very distinguished co-professors who on account of his opinion have sent to the waters of the *Mont d' Or* a multitude of patients, whose results have answered admirably. Thus, from to day, will there be in future no more deficiency in an absolute manner to destroy in all cases, the tuberculous consumption, even being confirmed. And I also hope that people will not attribute to a foolish fanaticism, the opinion which I have emitted with regard to the Isle of Pines, which unknown to all, has a right not to be judged before hand, even by those who have perhaps not even seen the same and have never studied it as it deserves, which is demonstrated by the many almost miraculous cases due to its medicinal and hygienical properties, observed and related more than once by me. I have anticipated those ideas in favor of suffering humanity, reserving to myself to publish a special work, in which, it appears to me, will remain demonstrated evidently the exactitude of the propositions

thus far emitted, referring to the history or clinical observation of the cases collected by me on the said Island, having relation to every one of the diseases enumerated, and whose scientific explanation can not be given to day, if these waters are not admitted to be essentially detersive in cases of vitiation of the humors, and the temperature of the Island as endowed with special properties to reestablish the vitality of the nervous system, assisting the domineering strength excited already or by the waters, or by that same temperature. I should wish, however, that the organic chemistry with its improvements, should explain, if possible, why the waters which dissolve the incipient calcareous concretions, should also be able to dissolve acid secretions. One may say also; why do they excite periodical secretion in the piles and at the same time stop blennorhagy? And, why do they excite the sensitiveness and power of motion in paralysis, when at the same time they soothe the pain and diminish the muscular contractions in cases of rheumatism? I do not therefore aspire to the glory of explaining the facts satisfactorily, I do limit myself to report them with sincere faithfulness, to make them known as well to the patients as to the physicians, as it may be for those a consolation and for these a resource, and at the same time a satisfaction for

JOSÉ DE LA LUZ HERNANDEZ.

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